

A top-down view of travel gear. On the left, an open suitcase contains a grey knit sweater, a pair of blue denim shorts, a pair of round sunglasses, and a pair of white headphones. To the right of the suitcase, a black camera with a lens and a red-and-black strap lies on a white wooden surface. In the upper right corner, a pair of white sneakers is partially visible. The entire scene is overlaid with a semi-transparent dark grey filter.

# Heart Failure Patient Travel Tips

Most patients with heart failure can travel, but you should always consult with your provider first.



# Medications

- Bring your prescription and over-the-counter medicines with you and take enough to last your entire trip, plus extra in case of travel delays. Pack medications in a carry-on bag in case your luggage is lost or delayed.
- Keep medicines in their original, labeled containers. Ensure that they are clearly labeled with your full name, health care professional's name, generic and brand name, and exact dosage.



## Do a little research.

- Be aware of any medical facilities at your destination and know what your health insurance covers.





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## Diet and Fluid Intake

- Be mindful of your fluid consumption and sodium (salt) intake. Attention to salt intake and avoiding excess consumption of alcohol or coffee can prevent dehydration.



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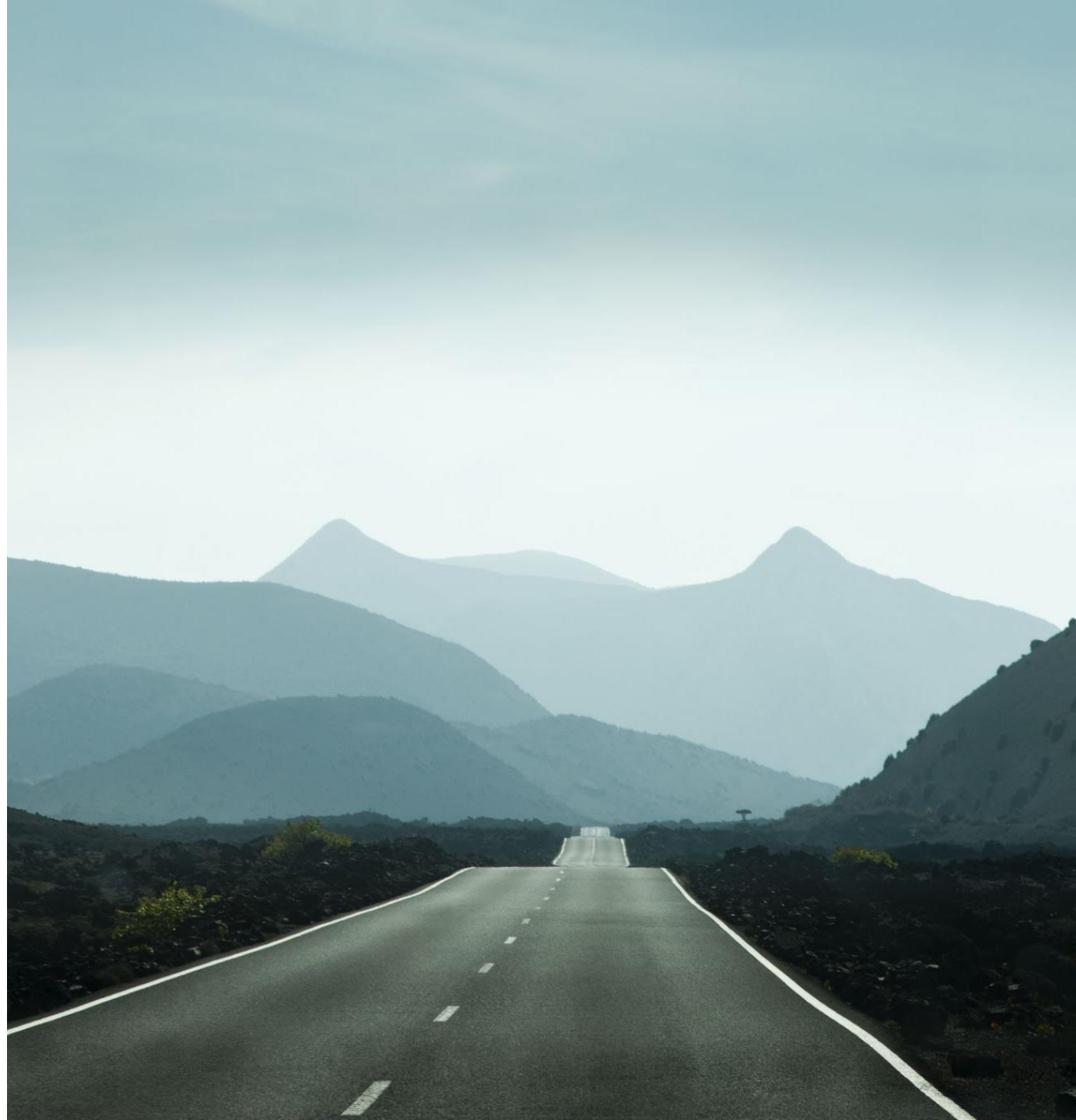
## Vaccines

- If you are traveling to a country where certain vaccines are needed to guard against disease, it's not likely the immunization will affect your heart.

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## Activity

- Getting up and walking around when possible is recommended for long flights, just be sure the seatbelt light is not on when you do so.
- Stopping to take a quick break during long car rides may help as well.
- Wear compression socks while traveling distances.





Pay Attention  
to how you  
feel

- Listen to your body while traveling for any symptoms of heart failure such as increased shortness of breath, swelling, or feeling more tired than usual.



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# Insurance

- Consider purchasing travel insurance.





# Medications

- On the day of travel, make sure you take medications **as normal unless told otherwise by a medical professional**. If the time zones threaten to trip up your pattern, it may be wise to set alarms on your phone or watch.



## Important documents

- Carry a copy of your wallet card that identifies the type of pacemaker or implantable cardioverter defibrillator you have. You may need extra time at security checkpoints so allow yourself plenty of time. Ask your doctor if you should bring your remote monitoring.

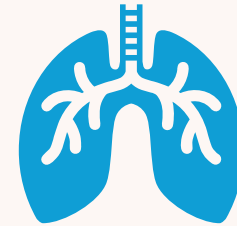
# Avoid Extreme Temperatures



Extreme temperatures should be avoided.



Appropriate clothing is required for the site of departure, the destination, and for the journey itself.



Be aware of changes in altitude when traveling as this may increase your risk of dehydration and symptoms of heart failure.



## Sources

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